

## Race for life - just giving

There will be a sea of pink motivated participants on Sunday 19th May as Race for Life 2013 starts at Walsall Arboretum. The event held at 11am for 5km will see many joining the fight to beat cancer.

Walsall Arboretum will see more than 2,000 women and children running, jogging or walking in aid of Cancer Research UK and Dental Care Partnership will be part of it - including our newest arrival baby Ila.

The race for life event this year will be inspiring for people fighting cancer, those who have beaten the disease, and those who have lost a loved one, embark to take part in the fight against cancer.

This year will be the first entry for team Dental Care Partnership, with all the money we raise going to fund lifesaving research into 200 types of cancer.

DCP want to raise as much as possible for Cancer Research and welcome any support. It would be great if as many people as possible could come along or sponsor us through visiting our practice to make a donation, or online via our just giving page.

<http://www.raceforlifesponsorsome.org/dcp-sutton>

It's a chance to come together to do something for such an amazing charity. Cancer research UK fund over half of the UK's cancer research, including the life-saving work of over 4000 scientists, doctors and nurses fighting cancer on all fronts. Every day, their researchers make cutting-edge discoveries in their labs, and their doctors and nurses pioneer new treatments with patients in hospitals. This is why their research is so vital and why they need the public's support to keep forging ahead to create more tomorrows for more people with cancer. Research isn't the only thing they do. Every year they help millions of people get the information they need to understand the disease.

## Amazing new patient offer worth over £100!

**AMAZING OFFER**

In celebration of the first Dental Care Partnership baby we are pleased to announce a fantastic introductory offer to ALL new patients.

At Dental Care Partnership our focus has always been on good Oral Hygiene. Healthy gums are the foundation for good oral health and the key for long term health.

This is why we will be giving ALL new patients a free Phillips Sonicare Easy Clean electric brush or Phillips Sonicare for Kids toothbrush worth £50!

The brush incorporates the award winning unique dynamic cleaning technology developed by Phillips that has been clinically proven to remove more plaque deep between the teeth and along the gumline than other brushes, helping you to maintain excellent oral hygiene.



And, together with their supporters, they campaign on key cancer issues including access to cancer drugs, screening and reducing the use of tobacco.

Race for Life is a fantastic way to celebrate life but also remember those who have been lost to the disease and every pound raised in sponsorship goes directly to help us get that one step closer to discovering a cure.

To sponsor via our gift aid page, please visit <http://www.raceforlifesponsorsome.org/dcp-sutton>

Or alternatively please come into the Practice and offer your support. This will be our first charity event and watch out in the near future for upcoming events DCP embarks on.

Thank you in advance for all your support in the fight against cancer.

*The team at Dental Care Partnership*

## Practice Information

### Dental Care Partnership

Mr Chan, BDS MFGDP RCS DiplImpDent  
RCS Eng(Adv Cert) ITI Fellow

Dr P. Jain, BSc, BDS (Hons), MJDF  
RCS(Eng) Special interest in Implant  
and cosmetic dentistry

Dr S. Anand, BDS Special interest in  
Invisalign® and tooth whitening

Mr G. James, Consultant Maxillofacial  
Surgeon MBChB BDS FDSRCPs FRCS (CSIG)  
FRCS(OMFS) ITI Fellow

Mr S.K. Bhopal, Consultant Orthodontist  
BDS(Sheff), LDSRCS(Edin), FDSRCS(Edin),  
FDSRCPs(Glas), MDentSci(Leeds),  
FFDRCS(Ire), MOrthRCS(Eng), FDSOrth(Eng).

Dr K. Khosla, BDS MFDS RCS(Eng),  
Special interest in the Inman Aligner

Dr K.M. Malik, BDS(glasg), MFDS  
RCS(Eng), MPhil (Bham), FDS(rest. Dent.) RCS

60 Birmingham Road  
Sutton Coldfield  
Birmingham B72 1QP

### Practice Hours

Mon/Tue/Fri 8.15am - 5.30pm  
Wednesday 8.15am - 6.30pm  
Thursday 8.15am - 12.30pm

Saturday specialist appointments  
\*Closed for lunch 12.30pm - 1.45pm  
Mon/Tue/Wed/Fri

Tel: 0121 354 1922  
[www.dentalcarepartnership.co.uk](http://www.dentalcarepartnership.co.uk)



## Word of Mouth

Produced to improve your dental health and awareness

SPECIAL EDITION...SPECIAL EDITION...SPECIAL EDITION

### To our dear and valued patients

We are pleased to introduce our Baby Girl, and first Dental Care Partnership baby, Miss Ila Jain. She was born on 3/3/13 at 9.48pm and weighted in at 5lbs 1oz. Both of us are elated at the birth of our first child and wanted to take this opportunity to introduce her to all our dear and valued patients. Ila is doing well, and is growing more and more each day. We look forward to you all meeting her in person over the years.



As most of you are aware, Dr Anand worked up until the week of when Ila was born and is now off for a few months on maternity leave, but some of you may have seen her and Ila at the practice already on a few occasions. Although busy tending to the needs of Ila, Dr Anand is still actively involved on a daily basis with the running of DCP and prioritizing the patients too, and is looking forward to her imminent return.

We would like to take this opportunity to sincerely thank all our valued patients for their understanding and patience with Dr Anand's absence and also an even bigger thank you for all the heartfelt messages, gifts and cards that have been so kindly given to us. We are very humbled by your kindness, and take great pride in the fact that we have you all as our patients.

It has been particularly special during this period to share stories with those of you who have also been blessed with new family additions whether it be as a parent, grandparent, or even great-grandparent. We would like to wish you our heartiest congratulations and hope you receive great pleasure during this special time.

It was a very special moment when Mr and Mrs Chan flew into the UK from Australia to meet our dearest Ila. We feel very honored to have their blessings and continued support. We were both pleased to see them both looking so well and to hear about all their adventures over the last 12 months. We are pleased to report that they were both looking extremely well and Mr Chan is thoroughly enjoying his sabbatical where he has been involved in teaching, mentoring and catching up with old friends, colleagues and family.

Our first twelve months at Dental Care Partnership has been exceptional and we have thoroughly enjoyed meeting everyone of you and getting to know you in person. Over this time we have learnt that DCP is more than just a Dental Practice and nothing like anywhere else we have worked before, and we feel very privileged to be a part of this special Practice, and to have you as our Patients. We promise to continue to provide you with the quality of treatment that you have been accustomed to at DCP in our pursuit of clinical excellence, and look forward to seeing you all again soon.

*Yours in good oral health  
Dr Jain and Dr Anand*

## A Great Short Trip

In March, I had another privilege of meeting more inspiring colleagues during my short lecturing trip back in the UK.

Another wonderful highlight of my stay was the arrival of the beautiful little daughter of Dr Jain and Dr Anand. Many many congratulations!!



Taking a window opportunity of this trip, I had made a quick visit to the practice. As I witnessed the practice development I felt very grateful to my new Partners Dr Jain and Dr Anand, and our committed team of staff for their great dedication and enthusiasm to continuously advance the practice to new levels. And I am also most obliged to you, our patients for entrusting your care in Dental Care Partnership and continuously supporting us in our practice achievements.

I am confident that Dr Jain, Dr Anand and our team will continue to pursue more clinical excellence and deliver the highest quality of care that you deserve. My warmest wishes to you, your family and friends.

*Dr Lawrence Chan*

# Oral Hygiene Information

ages 0-3 years

Erupting baby teeth is a milestone for both parents and baby and here at Dental Care Partnership we look after your child's mouth from an early age. Our highly trained team will take time to give you and your family informed choices and support for your little ones. At Dental Care Partnership we believe in preventative care and offer oral hygiene advice to enable children to be taught good oral health values from an early age giving them a great chance to have healthy teeth for the rest of their lives.



## Going to the dentist

It's a good idea to take your child when you go for your routine dental check-ups, even when he or she is too young to have teeth. This helps your child get familiar with the people and the environment at the practice.

Your dentist will look in your child's mouth and may count how many teeth have erupted and will also look for any other problems that may affect your baby's oral health. Quick check-ups like this help to encourage good co-operation with us when your child is older. Milk teeth are smaller and have thinner enamel than permanent teeth, so decay can spread very quickly. Regular check-ups help us to help you prevent and treat decay before it causes toothache.

## Diet advice

Children are fond of eating sugary snacks and excessive consumption of sweets can be damaging for the teeth. Similarly, fizzy drinks can be very harmful to the teeth because these drinks contain acids which damage the tooth enamel and make the tooth enamel thinner.

## Kids Smile Corner

Coming Soon!

One of our main focuses this year is to develop our services into paediatric oral health care. Although we look after children at the moment, we want to do more to increase awareness of the importance of oral hygiene.

Our new scheme is currently in development and will be coming to the practice by the end of the year.

Here as one of our valued patients, you will get regular updates regarding the latest oral hygiene information, kids activity sessions at the practice, competitions for kids and school visits within the community.

## Diet Advice and Tips

**FOODS** - Swap sugars for natural sugars. **5 A DAY RULE.** The best snacks for children are fruits and vegetables. Bananas, carrots, cucumber, and other fruits can become excellent substitutes for sweets. Breadsticks, rice cakes, plain popcorn and crackers can also be given as a snack substitute.

**DRINKS** - Fruit juices also contain sugar and acids. If you are unable to cut these drinks out of your diet, it may be better to use a straw while drinking fruit juices

because this helps the juice to bypass the teeth. At bedtime, the best drink to give to the child is water, and if the parents want to give milk then care should be taken to not add anything to the milk.

**SNACKS** - Limit sugary snacks to meal times. Every time you eat sugary snacks, teeth are under attack for up to 2 hours.

Allowing structured mealtimes and not snacking in-between meals helps reduce and prevent the risk of tooth decay.

Dr Sheetal Anand has a special interest in children's dentistry and orthodontics and has visited schools in the London area promoting oral hygiene to children of all ages.

If you know of a school that would appreciate our help, please feel free to give them our details for free support and advice.

## Check your child's medicine

If the child has to take medication for any reason, parents should ask the physician to prescribe sugar-free medicine, especially if the child has to take long-term medication.

## Brushing and Cleaning

Brushing and caring for your child's teeth is important from the moment they are born even if no teeth are present!

You can start by getting into the habit of wiping your baby's gums with gauze or a soft wet washcloth during bath time. You don't need to use any toothpaste - just wrap the cloth or gauze around your index finger and rub it gently over the gums.

While this will help keep the gums clean, it also has the added advantage of getting your child used to dental care, which can make it easier to brush the teeth properly once the teeth have emerged.

Here are some ideas on how to make the process easier and more fun for everyone involved.

Remember that, ideally, you'll spend about two minutes brushing your child's teeth. We recommend using an electric toothbrush to time and sing along to the brushing. A battery powered brush can add novelty to teeth cleaning.

- Create a rewards chart keeping track of achievements and offer rewards as an incentive.
- Adhere a regular set time for tooth brushing twice a day aiding routine
- Play copycat: Allow your child to brush with you mimicking your movements, point and count each tooth as you brush

Also keep in mind that while children can start cleaning their own teeth at around the age of two - you will need to supervise and help out until they're about eight years old. When using toothpaste ensure you use a pea size amount or smear of toothpaste that contains fluoride.

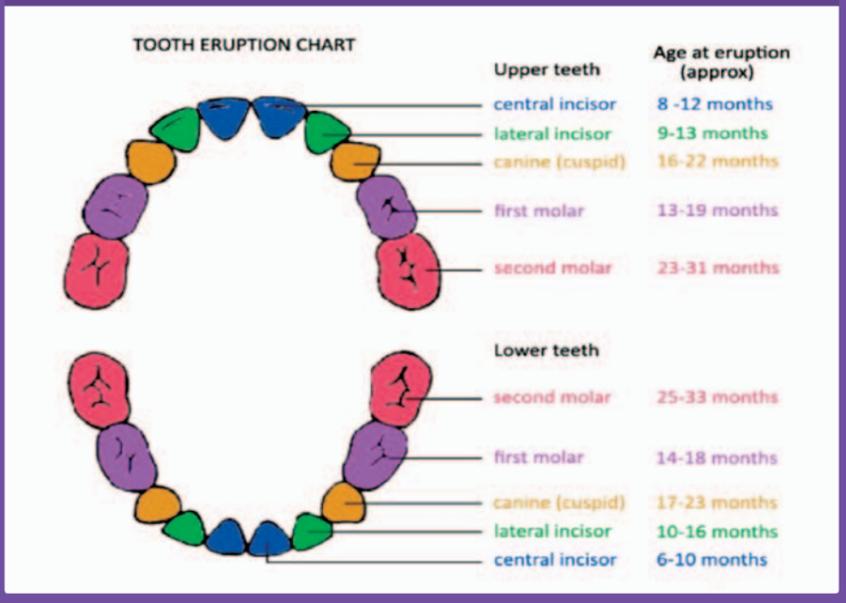
## So when do teeth erupt?

Although baby teeth (also known as primary teeth) can arrive in any order, many children follow a loose pattern.

The process often starts with the middle bottom teeth, with the top two middle teeth the next to arrive. You can expect your child to start teething around six months, and it can take up to two and a half years for all the teeth to come through.

Of course, once your child has a full mouth of teeth, you've only got a few years before they start falling out to make way for their 32 permanent replacements.

They can start falling out around age six, and will generally follow the same pattern in which they arrived, so the middle bottom teeth are usually first to go.





## The Dentistry Awards 2012

Dental Care Partnership is pleased to announce we came runner-ups at last years Dentistry Awards for Best Practice and Dr Jain as Best Dentist.

We are a committed and dedicated team and are continually looking for ways to improve ourselves in the strive to achieve clinical excellence.

This achievement helps to further distinguish ourselves from other Practices and helps maintain our reputation as a quality Practice. We will be hoping to share even more success this year with all of you as we continue to provide the high quality of care you deserve.

This has been a fantastic achievement for Dr Jain and the Practice, in such a short space of time and we are all very proud of the high quality of care we provide here at the Practice to all of our members.